



Totchos (Tater Tot Nachos) with Cheese Sauce, Charred Tomato Salsa, Chorizo, and Pickled Jalapeños

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



6

CALORIES



3132 kcal

SIDE DISH

Ingredients

- 4 ounces chorizo diced spanish finely
- 2 cups cilantro leaves fresh divided fine
- 4 cloves garlic
- 1 jalapeno split
- 6 servings pepper black freshly ground
- 1 tablespoon juice of lime

- 2 quarts vegetable oil; peanut oil preferred
- 1 small onion diced red finely
- 4 spring onion thinly sliced
- 28 ounce potato tots mini
- 6 medium tomatoes divided
- 1 small onion split white yellow peeled

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- paper towels
- oven
- sieve
- blender
- aluminum foil
- broiler
- wok
- dutch oven
- broiler pan
- deep fryer

Directions

- Preheat broiler to high. Finely dice 1 tomato and toss with a pinch of salt and pepper.
- Place in a fine mesh strainer set over to a bowl to drain. Set aside while you prepare the salsa.
- Split remaining tomatoes in half and place on a foil-lined broiler pan or rimmed baking sheet.
- Add garlic, onion, and jalapeño. Broil until completely tender and well blackened on top side, about 25 minutes.

- Transfer all vegetables to a blender or food processor and add 1 1/2 cups of fresh cilantro and lime juice. Blend until smooth. Season to taste with salt and pepper and allow to cool. Set aside.
- Place chorizo in a small skillet and place over medium heat. Cook, stirring occasionally, until browned and crisp, about 4 minutes.
- Transfer to a paper towel-lined plate to drain.
- Heat peanut oil in a deep fryer, wok, or Dutch oven and cook Tater Tots according to package directions, working in batches and keeping them warm in a 200°F oven if necessary. Season to taste with salt.
- Place half of Tater Tots on a large serving platter and top with half of salsa, cheese sauce, chorizo, drained tomatoes, red onions, scallions, and remaining cilantro. Top with remaining tots and remaining toppings.
- Serve immediately

Nutrition Facts

■ PROTEIN **0.95%**
■ FAT **93.55%**
■ CARBS **5.5%**

Properties

Glycemic Index:46.33, Glycemic Load:2.24, Inflammation Score:-9, Nutrition Score:18.75521737078%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg,
 Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin:
 0.85mg, Naringenin: 0.85mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin:
 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.42mg, Kaempferol: 0.42mg,
 Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg
 Quercetin: 10.65mg, Quercetin: 10.65mg, Quercetin: 10.65mg, Quercetin: 10.65mg

Nutrients (% of daily need)

Calories: 3132.44kcal (156.62%), Fat: 332.31g (511.25%), Saturated Fat: 57.03g (356.41%), Carbohydrates: 43.99g
 (14.66%), Net Carbohydrates: 38.33g (13.94%), Sugar: 5.3g (5.88%), Cholesterol: 11.81mg (3.94%), Sodium:
 608.42mg (26.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.13%), Vitamin E: 50.62mg
 (337.49%), Vitamin K: 49.22µg (46.88%), Vitamin C: 35.28mg (42.77%), Vitamin A: 1564.76IU (31.3%), Vitamin B6:
 0.45mg (22.65%), Fiber: 5.66g (22.64%), Potassium: 747.21mg (21.35%), Vitamin B1: 0.32mg (21.09%), Manganese:
 0.42mg (20.91%), Vitamin B3: 3.44mg (17.21%), Folate: 56.02µg (14.01%), Phosphorus: 136.55mg (13.66%), Copper:
 0.22mg (10.82%), Magnesium: 43.23mg (10.81%), Iron: 1.78mg (9.89%), Vitamin B2: 0.14mg (7.97%), Vitamin B5:

0.6mg (5.98%), Calcium: 51.75mg (5.17%), Zinc: 0.74mg (4.91%), Selenium: 0.94µg (1.35%)